


"Promises"

Psalm 46: The Protection of God

TALKINGPOINTS WALKINGPOINTS

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A publication of  the adult discipleship ministry of Triangle Community Church.

Talk together about the glory of God's kingdom. –Psalm 145:11

Love the Lord your God and **walk** in all his ways. –Joshua 22:5

Questions for Reflection or Discussion

- Which of the following threats do you find more personally disturbing—and **why**?
(1) disease/accidents, (2) human opponents, or (3) global catastrophe
- Read Psalm 46. God is able to be "a very present help in trouble" because he is our **refuge** and our **strength**. A "refuge" is a **defensive** aid, a place of security, while "strength" is an **offensive** aid, overpowering the threat. How have you experienced God as your refuge? As your strength? Which one is a greater comfort to you?

Take a moment to envision, to describe, the cataclysmic scene described in v. 2-3.

When have you experienced something approaching that level of upheaval? Did you "fear" (v. 2a)?

In v. 3, the waters are destructive—but how are waters presented in v. 4-5? What do you make of that?

Water can destroy (v. 3), and yet, without water (v. 4), we would be destroyed! Who is Lord of the waters?

- The same Hebrew word which means "to shake" is found three times in this psalm (v. 2, 5 and 6). What two things does this psalm say can be shaken? How does this relate to your life? What one thing does this psalm say will never be shaken? How does that relate to your life?
- Notice that **the outcome** (v. 4-5) **is peace**—but **the process** for achieving that peace (v. 8-9) **is violent!** Relate this to what you know about Jesus—his personality, his objectives, his methods.
- Verse 10 commands someone (or something?) to "cease striving and know that Yahweh is God"—**but who?** Read back over Psalm 46 and list the evidence for each of the following possible conclusions:
(1) natural and human enemies should realize that Yahweh is God and stop struggling against him
(2) believers, who are threatened by natural and human enemies, should rest confidently in Yahweh God

Toward which of those interpretations do you think the preponderance of Psalm 46 points?

Which one comforts you more? How exactly does it accomplish that?

How might those two interpretations actually be related to each other?

Digging Deeper in Your Daily Quiet Time

*"Five Question Bible Study" (see next page) is a simple way to study any passage.
Let's use it to explore the believer's confidence in God's sovereign care...*

Monday—Read Psalm 68:1-4

Tuesday— Read Psalm 68:5-6

Wednesday— Read Psalm 68:7-10

Thursday— Read Psalm 68:19-23

Friday— Read Psalm 68:28-31

Saturday— Read Psalm 68:32-35

*Need blank copies for doing more
"Five Question Bible Study"?
e-mail: Dan.Clement.TCC@gmail.com*



Our children fear a great many things ~ some of them are realistic and rational (such as vicious dogs and busy streets), while other fears are unrealistic and irrational (such as the idea that you will leave them in a store or that not being liked by the "in crowd" dooms them to an unhappy life).

Are you certain that you know what your children fear?

Here's a great way to find out: tell them a story of something you feared as a child, then be quiet, and see what they ask or say.

Follow up their questions/comments with other questions.

Then, tell them a story of how your parents used to help you with your fears. (Make sure you "sanitize" their approach, deleting references to unbiblical methods such as making promises that one cannot keep.)

Finally, read them Psalm 46:1-3 & 10-11 and pray with/for them.

Five Question Bible Study

Bible Text: _____

Date: _____



What idea particularly strikes me from this text? [Note in which verse(s) it is found.]



What question does this text raise in my mind—and how would *this text* answer it?



What about Jesus Christ—his character and/or his redemption—relates to this text?



What action must I take as a result of this text? Be concrete and specific.



With whom will I share what I learned from this text? [and what was their response?]